

Meditation Class 4 Homework
Sunday June 9, 2013

The following outline is a list of suggested homework. Please try to realize the benefit of mindfulness by practicing some or all of these steps every day.

1. Homework

- a. *Practice one formal sitting meditation & one walking meditation daily – establish a length of time you can practice consistently*
- b. *Consider adopting a simple mindfulness practice you can incorporate during the day. Pausing to give thanks, journaling. Select one or more that you can do consistently for a week then contemplate their value like a marker; acknowledging & giving thanks – perhaps share your experience with others*
- c. *So much happens below the level of thinking - if we never stop thinking, moving from distraction to distraction or reacting to what we don't like, we won't create the openness, the sensitivity that's needed for deeper insights to surface. Create more open spaces in your day. Experiment with:*
 - i. *Finding the silence in which to think your own thoughts:
Contemplation*
 - ii. *Finding the silence underneath the level of thinking:
Meditation*
 - iii. *Notice occasions when insight arises. Notice physical sensation in the body, feeling tone & mental formations.*
- d. *Suggested reading & listening*
 - i. *Tara Brach's On-Line Guide on How to Meditate: <http://www.tarabrach.com/howtomeditate.html>*
 - ii. *Listen to Tara Brach's Guided Morning Meditation at Dharma Seed's On-Line Library at: <http://www.dharmaseed.org/teacher/175/talk/19349/>*

iii. *Listen to Joanna Macy's brilliant reading of "Onto a Vast Plain" on Interbeing's Blog Site. Rilke follows the course of change through seasons and captures the loneliness of uncertainty in everyday life. Includes Joanna Macy's brilliant reading of "Onto a Vast Plain." at: <http://www.onbeing.org/blog/rainer-maria-rilke-on-loneliness-and-connection/5576>*

iv. *Meditation for All of Us: Six Questions for Sharon Salzberg on Interbeing's Blog Site at: <http://www.onbeing.org/blog/meditation-and-mindfulness-all-us-six-questions-sharon-salzberg/2701>*